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Syria takes aim at Islamic State

At least 25 airstrikes pound extremist group's stronghold in northeast of country in unusually intense attack **PAGE 4**

I'M ON A BOAT — NO, SERIOUSLY!

TAKE A GOOD HARD LOOK AT THE FLORIDA KEYS REGATTA RACE, WHICH CHALLENGES AMATEUR BOAT BUILDERS TO USE HOUSEHOLD ITEMS **PAGE 9**



Police stand on the Alexander Docks where a body was brought after a Calgary man and his son found it while walking dogs along the riverbank Sunday afternoon. SHANE GIBSON/METRO

Calgary man discovers body in Red River

Gruesome find.

Winnipeg police don't confirm whether the body is that of a man seen in distress in murky water on Friday



SHANE GIBSON
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A Calgary man and his 12-year-old son on vacation in Winnipeg this week made a grisly discovery on the banks of the Red River on Sunday afternoon.

Dwayne Oliver and his son were walking two dogs near the Alexander Docks on Waterfront Drive around 1 p.m. when they found what Oliver said looked to be the

Quoted

"We were fairly close.... It appeared to be a man."

Dwayne Oliver, from Calgary, who made the grisly discovery on the banks of the Red River while vacationing in Winnipeg this week with his 12-year-old son

body of a man.

"We were just walking along the bank and we seen the body sitting under the water," said Oliver as he drove away from what quickly became a taped-off police scene. "We were fairly close.... It appeared to be a man."

Police divers were already at the docks Sunday searching for a man last seen in distress in the murky waters near the Provencher Bridge on Friday afternoon.

An off-duty police officer first noticed the man in the water around 2 p.m. Friday and was able to get a nearby water taxi to help try to save

him, but the rescuers were unable to get the man out of the water before he was swept under.

The man is presumed drowned.

The captain of the water taxi suffered a medical emergency during the rescue attempt and was taken to hospital, where he is now reportedly in stable condition.

Winnipeg police did not confirm whether the body pulled from the river Sunday afternoon was that of a man or a woman and said it was too soon to say whether it's the man they were searching for nearby.



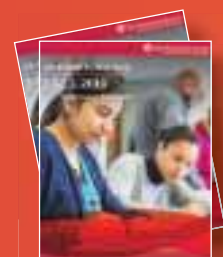
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ACE WANTS TO SEE YOU IN CHURCHILL



WHAT'S GOOD
Ace Burpee
winipeg@metronews.ca

I've just returned from one of my favourite places in the world: Churchill. I've been there before, I love the place, but I've never been in the summer to see the beluga whales.

I will say this: It's one of the greatest experiences you will ever have. Kayaking in Churchill River with literally thousands of belugas probably fits into the life-changing category.

Quoted

The fact that you're swimming in Hudson Bay is probably enough in itself, but when the whales come to visit, swim right next to you ... it takes you to a different place.

They follow alongside you. They play with your paddle. Then they start coming closer. And closer. Eventually you're surrounded by a pod of 10 lifting their heads out of the water, turning sideways to look at you and coming in for a pat on the head.

I've been trying to think of another experience with an animal so large, in their natural environment that can compare. I can't. There are few things like it on earth.

I also donned a wetsuit, snorkel and mask and jumped into Hudson Bay with them. The fact that you're swimming in Hudson Bay is probably enough in itself, but when the whales come to visit, swim right next to you ... it takes you to a different place. The sounds they make under the water are so loud, clear and fascinating even the most jaded person in history would be hard pressed not have their mind blown.

I could literally write forever about Churchill. I have stories for years. If it's not on your list, put it on there. Incredible.

The best whale watching in the world may just be in a prairie province. Ours.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Gord Steeves wants Exchange District to be 'major hub of activity'

Turning the Exchange District into the "Corydon of the downtown" is the way forward for a thriving Winnipeg, Gord Steeves said Friday.

The mayoral candidate said he'd see land in the area re-zoned to allow for more patios, restaurants, stores and residential buildings, which would turn the Exchange District into a "major hub of activity."

"While we may not have exactly what other cities have in terms of a fun, cool place to be downtown at

night, we actually have this neighbourhood, which is far more beautiful and perfectly set up to beat almost any downtown," said Steeves during a press conference at Old Market Square.

"This will be the area for our downtown's future. We will take an area that has struggled for some time and we're going to give it the push to become our Corydon of the downtown."

Steeves also pledged to ask the provincial government to amend laws so more craft brew pubs and

microbreweries could set up shop, as well as request that the province remove "redundant" legislation that forces the city to hold public hearings for liquor licences.

As for the Public Safety Building and Civic Parkade, Steeves said that if they're found not to be salvageable, he's fine with seeing them demolished.

BERNICE PONTANILLA/METRO

Follow Bernice Pontanilla on
Twitter @MetroBee



Mayoral candidate Gord Steeves
BERNICE PONTANILLA/METRO

Brian Bowman plans to tackle homelessness

Mayoral platform.

Candidate makes several promises to help the less fortunate



BERNICE PONTANILLA
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More downtown outreach workers, incentives to improve rooming houses and council's official endorsement of a plan to end homelessness are initiatives Brian Bowman is promising if elected mayor.

Standing outside the United Way of Winnipeg building on Main Street on Friday, Bowman said his city hall would provide "greater leadership" to reduce the number of homeless citizens.

Among the initiatives Bowman pledged is adding five new outreach workers to Downtown Winnipeg BIZ's Community Homeless



Mayoral candidate Brian Bowman believes tax increment financing could spur the improvement of rooming houses. BERNICE PONTANILLA/METRO

Assistance Team, known as CHAT, which helps establish ties with those at-risk-of or experiencing homelessness.

Bowman said he'd also explore tax increment financing (TIF) as a way to spur

owners to renovate and upgrade the approximately 200 rooming houses in the core area.

"Rooming houses have

a role to play in helping alleviate the housing crunch, and I want to put that on the table," he said.

"I don't purport to have all the answers to this but I do think it's something that we need to explore and we need to pursue."

Floyd Perras, executive director of Siloam Mission, listened in on Bowman's announcement and later said he found the proposal for improvements to rooming houses a good one.

Perras said that while many Winnipeggers might balk at having legal rooming houses, they're an important first step in the transition from the streets to stable housing.

Bowman also said he'd introduce a motion at city council to endorse the United Way's Plan to End Homelessness.

The plan includes 38 recommendations from a task force made up of representatives of the private, public and not-for-profit sectors.

Transactions

Province passes review of city hall audits to RCMP

Manitoba Justice is sending three reviews and audits of Winnipeg real-estate transactions and construction projects to the RCMP.

The material includes five years' worth of real-

estate deals, the fire-hall land swap and the new downtown police headquarters.

The province says the RCMP will review the material and conduct any investigations considered appropriate.

The fire-hall land-swap audit indicated local developer Shindico was shown favouritism during bidding and that administration hid

some details of the transactions from city council.

The police headquarters external review revealed problems with how the city handled the project, which ended up tens of millions of dollars over budget.

The review did say the final cost of the project was still within an acceptable range.

The general real-estate review criticized a number

of deals, including the city's purchase of the Canada Post building without getting an independent appraisal or fully investigating other options.

The auditor also pointed to the sale of the property where Canad Inns Stadium was located.

It was sold to Cadillac Fairview and Shindico Realty for \$30.25 million.

THE CANADIAN PRESS

Butt stops

Campaign launched to combat cigarette litter

The Downtown Winnipeg BIZ and Take Pride Winnipeg are stepping up their battle against cigarette butt litter.

The two groups are pil-

oting a new project, called Bin Here, that will see four bright pink cigarette bins with decals pop up around the downtown over the next month at corners that don't currently have bins.

Winnipeggers will be able to text or tweet a number on the side of each bin to vote for exactly where the bins will end up permanently. **METRO**

Stony Mountain

Convicted murderer found dead in cell

Correctional Service Canada is investigating after a convicted killer was found dead in his Stony Mountain Institution cell over the weekend.

Duane Edward Taylor,

53, was found unresponsive in his cell Saturday and could not be resuscitated by prison staff.

Taylor has been serving an indeterminate sentence for first-degree murder since September 1982.

As in all cases involving the death of an inmate, the police and the coroner have been notified and Correctional Services Canada will review the death. **METRO**

North end

Police look for two men after serious sexual assault

Police are investigating after a woman was seriously sexually assaulted by two men in the north end early Saturday.

The woman was attacked near Flora Avenue

and King Street around 1 a.m.

The suspects are aboriginal and both are between 25 and 30 years old. One of the suspects was riding a mountain bike.

Anyone with information should call police at 204-986-6245.

METRO

For more local news, visit metronews.ca

Parking lots have got to go: Candidate

Lots of lots. Robert Falcon Ouellette says that if elected, he would make downtown parking lots pay the same tax as buildings



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Would charging owners of surface parking lots the same tax as if the property included a four-storey building spur them toward the actual development?

Mayoral candidate Robert Falcon Ouellette thinks so, promising to do just that during a press conference on Friday detailing his fiscal plan for the city.

He said he'd introduce a "land value tax" on the approximately 208 surface parking lots — 35 hectares of land — in the downtown area, adding that this tax would be the "stick" to the city's current

"carrot," which is a \$40-million fund for downtown development.

"(Surface parking lots) are dead zones, which make the city unsafe, which give that perception that it is dangerous to be down here because when you're walking along and there's no one else except for empty cars or an empty parking lot, you don't feel secure," he said while standing near a parking lot on Donald Street at St. Mary Avenue.

"They are eyesores, these parking lots; they are not attractive, they contribute to the sense of danger and they have the lowest possible economic footprint that we can possibly use for this space."

Ouellette said he won't criticize the suburbs — he and his family live in one and enjoy it — but he feels it's in everyone's interest to make sure Winnipeg's downtown is vibrant.

Bringing more residents downtown, he added, would help reduce crime, since "more eyes" means fewer opportunities for muggings.



Winnipeg BBQ & Blues Festival a smoking good time

Craig Guenther, of Urban Prairie Cuisine Catering and Winnipeg's Ruby Red's Kansas City Barbeque, shows off the brisket he entered into the Pit Masters BBQ Championship at the Winnipeg BBQ & Blues Festival on Sunday. The festival, held at Shaw Park, filled the downtown with the sounds of the blues and the smell of barbecue all weekend long. **SHANE GIBSON/METRO**

Via cut between Thompson, The Pas

Via Rail says another derailment on a troubled northern Manitoba railway line has forced an interruption of passenger services between Thompson and The Pas until further notice.

According to a Via news release, it was a Hudson Bay Railway freight train that derailed,

although it was not immediately clear when the derailment happened.

Via said passengers scheduled to travel on the affected routes will be offered alternate transportation, adding that trains will continue to operate between Churchill and Thompson, and The Pas and Winnipeg.

There was a derailment on the Omnitrac Canada rail line on June 3, forcing the suspension of passenger trains between Gillam and Churchill until mid-July.

The rail line has a long history of delays and service interruptions due to the remote, boggy terrain it covers.

In 2007, the federal and Manitoba governments put up \$20 million each under a five-year deal to help Omnitrac with repairs. Omnitrac Canada has said this year's problems stem from a harsh winter and unusual weather that has caused ground movement.

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News worth sharing.

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Gaza. Talks and truce set to expire, Palestinians divided

Palestinians appeared divided Sunday as the clock was winding down on the latest Gaza ceasefire, with officials saying Hamas was still opposed to a compromise Egyptian proposal that would ease the closure of the territory, while other factions, including delegates representing President Mahmoud Abbas, were inclined to accept.

Hamas officials said they were holding out in hopes of getting more concessions in the Egyptian-mediated talks. With a temporary truce set to expire late Monday, a range of outcomes remained possible, including a return to fighting that has brought great devastation to Gaza, an unofficial understanding that falls short of a formal negotiated deal or yet another extension in negotiations.

The negotiations are aimed at ending the latest war between Israel and Hamas-led militants in Gaza.

Nearly 2,000 Palestinians have been killed — mostly civilians — and more than 10,000 people have been wounded since the war began July 8, according to United Nations figures.

In Israel, 67 people have been killed, all but three of them soldiers.

The indirect talks have been going on, through Egyptian mediators, since early last week. As Palestinian and Israeli negotiators returned to Cairo on Sunday following a weekend of consultations across the Middle East, the gaps remained wide.

The current five-day ceasefire is due to end Monday night at midnight (2100 GMT).

THE ASSOCIATED PRESS

Probing immigrant's death

35 hidden in cargo container were Afghan Sikhs, say London police

Police investigating the death of a migrant inside a ship's cargo container say the victim and 34 survivors are Afghans from the country's tiny Sikh community.

Essex Police Superintendent Trevor Roe said Sunday it took a day to determine the stowaways' nationality be-

04

NEWS

metronews.ca
Monday, August 18, 2014



Buildings damaged during battles between Syrian troops and rebels stand along an empty street in Mleiha, some 10 kilometres southeast of downtown Damascus, Syria. THE ASSOCIATED PRESS

Syrian warplanes pound extremists

Raqqa. Air raid included
at least 25 strikes
against stronghold in
northeastern Syria, says
human rights group

Syrian government warplanes pounded an Islamic State group stronghold as well as other towns controlled by the extremists, conducting a wave of airstrikes Sunday that killed at least 11 people, activists said.

For more than a year, President Bashar Assad's air force rarely targeted territory controlled by the Islamic State group in northern Syria, instead focusing on mainstream rebel groups. But government jets have begun hitting the ex-

tremists more regularly since the jihadis overran much of neighbouring northern and western Iraq in June.

Even in that context, the intensity of Sunday's air raids appeared unusually high, with at least 25 strikes hitting the group's stronghold of Raqqa in northeastern Syria, the Britain-based Syrian Observatory for Human Rights said.

Observatory director Rami Abdulrahman said 14 of those raids targeted a military court and other buildings used by the group.

Abdulrahman said at least 31 Islamic State members were killed in Raqqa, and around 40 wounded. He said there were an additional 22 civilian casualties, but he didn't have an exact breakdown of the dead and wounded. THE ASSOCIATED PRESS

Differing casualty figures

The Local Co-ordination Committees, an activist collective, also reported the airstrikes on Raqqa, but put the death toll at 11 early in the day.

- Differences in casualty figures are common in the immediate aftermath of attacks in Syria. Both activist groups also reported government airstrikes on Islamic State-controlled areas in Deir el-Zour province bordering Iraq and Aleppo province bordering Turkey, including the towns of Akhtar and Dabiq.

Islamic State extremists

Kurdish forces retake parts of Mosul Dam, Iraqi official says

Kurdish forces took over parts of Iraq's largest dam on Sunday less than two weeks after it was captured by the Islamic State extremist group, Kurdish security officials said, as U.S. and Iraqi planes aided their advance by bombing militant targets near the facility.

The U.S. began targeting Islamic State fighters with airstrikes a little over a week ago, allowing Kurdish forces to fend off an advance on their regional capital Irbil.

The Kurdish forces launched the operation early Sunday to retake the Mosul Dam, Gen. Tawfik Desty, a Kurdish commander, said. He said his forces now control the eastern part of the dam and that fighting is still underway. The dam supplies electricity and water for irrigation to a large part of the country. THE ASSOCIATED PRESS

Plucky robot ends cross-country trek in Victoria, B.C.

hitchBOT. Two Ontario professors designed the cross-country-travelling, wedding-crashing bot to see if it could trust humans

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before attending a welcome ceremony at the Open Space Art Gallery



David Smith poses with his latest project, hitchBOT. JEFF HARPER/METRO FILE

on Aug. 21 in Victoria.

hitchBOT, which was created by Ontario communications professors David Smith and Frauke Zeller, was designed as both a collaborative art project and a social robotics experiment.

According to its creators, hitchBOT, which is about the

size of a child, was built to determine whether robots can trust humans.

Dressed in household items to appear non-threatening, hitchBOT has been taken on friendly adventures by drivers — even crashing a wedding — and exceeds 33,000 Twitter followers. NICK WELLS/FOR METRO



Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. BEN NELMS/THE CANADIAN PRESS

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Building Safer Communities Together.

The Winnipeg Police Board is conducting public workshops to seek input on community priorities for public safety. Your ideas will help create an effective strategic plan for the Winnipeg Police Service. Come hear Chief Clunis talk about the work the Police Service is doing and join discussion groups to provide your ideas.

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All meetings are open to all interested citizens.

Workshop Details

Sturgeon Heights Community Centre
210 Rita Street, Winnipeg
August 11 from 6:30 - 9:00 p.m.

Millennium Library
Carol Shields Auditorium
251 Donald Street, Winnipeg
August 13 from 6:30 - 9:00 p.m.

Maples Community Centre
434 Adsum Drive, Winnipeg
August 18 from 6:30 - 9:00 p.m.

Jonathan Toews Community Centre
1188 Dakota Street, Winnipeg
August 19 from 6:30 - 9:00 p.m.

Newcomer Community Meeting
NEEDS Inc, 251-A Notre Dame Avenue
September 6 from 12:00 - 3:00 p.m.

Aboriginal Community Meeting
Indian & Métis Friendship Centre
45 Robinson Street
September 9 from 6:00 - 9:00 p.m.

U.S. orders federal autopsy of Missouri teen shot by police

'Extraordinary circumstances.'

Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager, whose fatal shooting by a white police officer has spurred a week of raucous and sometimes violent protest in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said



People defy a curfew on Sunday, before tear gas was fired to disperse a crowd protesting the Aug. 9 shooting of teenager Michael Brown in Ferguson, Mo.
CHARLIE RIEDEL/THE ASSOCIATED PRESS

protesters weren't the reason for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street.

Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching

for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson police department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

Luhansk region

Ukrainian troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could be a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes.

Weeks of fighting have taken their toll on Luhansk, which authorities say has reached the verge of a humanitarian catastrophe. The siege brought ground delivery of basic provisions to a halt and cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. A large X-ray machine was brought to the Russian crossing point, and Paul Picard, with the Organization for Security and Co-operation, said it would be used to inspect cargo.

THE ASSOCIATED PRESS

Fears of more infections rise after Ebola clinic looted

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

The residents took medical equipment and mattresses and sheets that had bloodstains, he



A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia.
ABBAS DULLEH/THE ASSOCIATED PRESS

challenge for Liberian health officials who were already struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Distrust of government runs high in West Point, with rumours regularly circulating that the government plans to clear the slum out entirely.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. Other countries across Africa are working to prevent Ebola's spread with travel restrictions, suspensions of airline flights, public health messages and quarantines. THE ASSOCIATED PRESS

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Ugandan LGBTs live in fear despite overturned anti-homosexuality law

LGBT rights. Even with the Anti-Homosexuality Act overturned, Ugandan LGBTs still face persecution.

When a Ugandan court overturned the country's Anti-Homosexuality Act this month, rights activists worldwide claimed a victory. That didn't include gay Ugandans, who fled persecution to live in a refugee camp in neighbouring Kenya.

"The reaction shocked me. I went there. I thought it would be a celebration, but ... nothing," said Brizan Ogollan, founder of an aid organization that works in Kenya's Kakuma refugee camp. "They knew at an international level and at the diplomatic level, the decision is going to have impact, but at the local level, it won't,

really. You can overrule the law, but you can't overrule the mind."

Of the 155,000 refugees at Kakuma camp, 35 are registered with the UN as lesbian, gay, bisexual and transgender (LGBT) Ugandans who fled because of the country's Anti-Homosexuality Act, which became law in February.

The now-overturned law called for life jail sentences for those convicted of gay sex and criminalized vague offences like "attempted homosexuality" and "promoting homosexuality" in a country where being gay has long been illegal.

Since the law was first proposed in 2009, public opinion in Uganda has grown increasingly anti-gay, said Geoffrey Ogwaro, a co-ordinator for the Civil Society Coalition for Human Rights and constitutional Law, which is based in Uganda's capital, Kampala.

Many gay Ugandans have lived in constant fear of arrest.

Some were imprisoned. Landlords evicted tenants. One man tried to run over his gay son with a car, Ogwaro said.

"Unfortunately, the law's nullification has actually polarized society more," he said.

Members of parliament started petitions to resurrect the legislation, although President Yoweri Museveni reportedly requested parliamentarians to reconsider.

Three years ago, when a 26-year-old gay Ugandan man was caught with another man, his stepfather threatened to report him to authorities and he fled to Nairobi.

"I thought, 'No one loves you in your family,'" said the man, who insisted on anonymity out of fear for his safety.

Neela Ghoshal of Kenyan police said there are few places for them to live freely and safely. "They're basically set up for a lot of bad options in life," he said.

THE ASSOCIATED PRESS



Kenyan gays, lesbians and others supporting their cause wear masks to preserve their anonymity as they stage a rare protest against Uganda's increasingly tough stance against homosexuality. The protest was staged in solidarity with their counterparts outside the Uganda High Commission in Nairobi, Kenya. BEN CURTIS/THE ASSOCIATED PRESS

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Does your pension plan work for you?



HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

Time to wise up! At the very least you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan

A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

2. Defined Contribution Plan

These plans combine contributions from the employee and the employer. While



Making the right investment choices for your workplace pension early could mean caviar instead of cat food during retirement. GETTY IMAGES

only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10, making them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

3. Group RRSP

These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on

Just the stats

Would Canadians change jobs for a better pension?

- 9% Very likely
- 28% Somewhat likely
- 40% Not very likely
- 23% Not at all likely

SOURCE: BMO WEALTH INSTITUTE

the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan

Created in 2012, these are employer-sponsored but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.



Whistler Blackcomb riding a 3Q high

The Chateau Whistler lies in the background as Brandon Semenuk of Whistler flies through the air during the Red Bull Joyride at Crankworx in Whistler, B.C., Saturday. Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to \$10.2 million and increased its revenues, noting the recent ski season had challenging conditions. The ski resort company had a loss of 15 cents per diluted share, down from a loss of \$12.2 million, or a loss of 19 cents, in the same quarter last year. Revenue was up 16 per cent to \$34.5 million. Revenue per visit was \$87.81, up 3.1 per cent. Whistler Blackcomb is the largest four-season mountain resort in North America. JONATHAN HAYWARD/THE CANADIAN PRESS

Autistic and an entrepreneur

A growing movement to find work for autistic people is helping some start their own businesses.

Work requiring an attention to detail and with repetitive tasks is ideal for an autistic person who wants to start a business, says Gregg Ireland, co-founder of Extraordinary Ventures, a Chapel Hill, N.C.-based organization that creates jobs for the autistic. Ireland's son Vinnie, who is autistic, has a busi-

Who it affects

1 in 68

One in 68 people have some form of autism, according to government figures in the U.S.

ness doing yard work and landscaping.

People with the mildest forms of autism are able to attend mainstream schools, including college. Many do

well at jobs that focus on details. They may struggle in jobs that require them to have continual contact with co-workers or the public.

Advocacy groups are looking for ways to create business opportunities for autistic people. For example, the Southwest Autism Research & Resource Center, based in Phoenix, helps autistic people start home-based food businesses.

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LEARN SOME RESPONSIBILITY, CITY HALL

The continuing controversy over real estate and construction contracts at the city has generated months of bad headlines, claimed the jobs of a few senior administrators and might ultimately lead to criminal charges.

But the real damage is far worse and could last for decades to come.

Manitoba Justice announced last week it was referring the real estate, fire hall and police headquarters audits to the RCMP for further review. It's not clear yet if provincial officials found something potentially illegal in the audits or if this has become a game of political hot potato.

But it is obvious the continuing debacle has undermined the city's attempts to prove it's capable of managing its own affairs.

A decade ago, Winnipeg was at the forefront of a movement to gain more rights for Canadian cities.

Former mayor Glen Murray lobbied for a New Deal for Winnipeg, one that would allow it greater powers to establish



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

alternate revenue streams (e.g. a city sales tax, a city liquor tax), reduce its dependence on property tax and ultimately become more self-reliant.

Murray came up short and then cut short his term as mayor to run for federal office — but at least he kicked off a conversation about the roles, responsibilities and powers of the city versus the province.

Even Sam Katz, after initially dismissing the need for a New Deal, eventually came around to the idea and began his own fight for independence and funding, centred largely on the idea of winning the city a dedicated percentage point of the provincial PST.

Over the years there has also been talk of amending the City Charter to allow it more freedom to establish its own rules or its own statutory offices, and changing infrastructure funding agreements so the city can determine its own funding priorities rather than having other levels of

government make those decisions for it.

But when you can't even build a couple of modest fire halls without it generating a year's worth of bad press and an RCMP investigation, where's the motivation and justification for the province to hand you more responsibility?

Many of the pledges made by candidates in this year's mayoral election require some degree of approval by the province.

For example, Gord Steeves wants to make minor changes to liquor licensing, Robert Falcon Ouellette wants to change the property tax structure downtown and Brian Bowman is continuing the push for a share of the PST.

In an ideal world, the city of Winnipeg — which is 140 years old, after all — would be mature and responsible enough to be able to make those kinds of decisions on its own. But as it stands, that's just not going to happen.

One of the biggest challenges for the next mayor — and probably the one after that, and the one after that — will be proving that the city is capable of looking after itself and convincing the province and the public that it deserves the tools to determine its own future.

Whatever floats is your boat



Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled

watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. **FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM**

That's way too much pop



The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 10 in Scene and page 18 in Sports.

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MetroTube

Case of the Mondays? Seal pup on Sea-Doo may or may not help



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's Monday, and odds are good that you're not where you'd prefer to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now, and if that's the case, we apologize for bringing that up. But, come on, look at how cute that damn thing is. (Michael Borthwick/YouTube)



THE ASSOCIATED PRESS FILE



Ebooks



Riddle of the Black Cat

By J.W. Rinzler

iBooks/Kindle



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's *The Expendables 3* was easily out-gunned in its debut. The turtles took in \$28.4 million in its second weekend. That surpassed the fourth place \$16.2 million earned by *The Expendables 3*. *The Guardians of the Galaxy* came in second with \$24.7 million. *Let's Be Cops* took third spot. **THE ASSOCIATED PRESS**

Bringing Diana Gabaldon's Outlander world to life

Long time coming.

Writer always worried about her work getting screen treatment, until she met the producer of *Battlestar Galactica*



RICHARD CROUSE
scene@metronews.ca

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part *Outlander* series.

The former academic-turned-best-selling-author writes thick books that *Entertainment Weekly* describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first *Outlander* book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"*Outlander* is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-



Caitriona Balfe and Sam Heughan star in the TV adaptation of *Outlander*, premiering Aug. 24 on Showcase. CONTRIBUTED

hour movie cannot be made and reflect the integrity of the work."

Enter *Battlestar Galactica* producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire be-

cause she was intelligent and strong; very capable and interesting."

He saw *Outlander* not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television

AUGMENTED REALITY

→ Want to watch a trailer for the upcoming television series *Outlander*? Scan this photo with your Metro News app.



→ See the full instructions on Metro's Voices page.

series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

Pg. 239
beats a
movie
night out.

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Celebrity exes aim to shine, not whine

Atlanta Exes. Show features former mates of Kevin Hart, Usher, Ne-Yo, Cee-Lo and NFLer Ray Buchanan

Torrei Hart's career took a back seat for years to raise two children, allowing her then-husband Kevin Hart to pursue his comedy career.

The two ultimately ended an eight-year marriage with divorce in 2011 after, she says, infidelity caused the split. By that time, Kevin's career began to soar while Torrei struggled to get her comedy career back on track.

Now, she hopes it's her time to shine. Hart is among a group of exes having yet another moment in the spotlight, thanks to a new phenomenon in reality television: shows based solely on the ex-wives and ex-girlfriends of famous folks.

"It's my time to come up," said Torrei Hart, who along with five other women will star on the new reality ser-

ies, Atlanta Exes, which premieres Monday night on VH1, with eight episodes planned for the first season. The show delves into the lives of women who were linked to highly popular men.

It also stars Tameka Raymond (Usher's ex-wife), Monyetta Shaw (Ne-Yo's ex-fiancée), Christina Johnson (Cee-Lo's ex-wife) and Sheree Buchanan (ex-wife of former NFL player Ray Buchanan).

"It's a great platform," Torrei Hart said. "Look what happens to people who do reality TV. I mean, everybody has a goal in life. You can achieve it through reality television."

But Raymond says fame is not her main motive.

"It's not coming up on our strife. We're not trying to come up off of our exes," said Raymond, who was married to Usher for two years before they divorced in 2009.

Raymond wants to tell her side of the story after a long legal fight last year. She lost custody of her two sons to Usher a month after 11-year-old son Kile Glover died in a boating accident in 2012.

Their time to shine

"We're not gold diggers. We are more than that. We are business women, college-educated, very smart, ambitious and role models, too."

Monyetta Shaw, ex-fiancée of Grammy-winning artist Ne-Yo
One of five exes featured on a new reality show on VH1

"There were so many misconceptions of who I am as a person — everything from my marriage to how I deal with my children. I figured there's no other way to clear it up, and be my own voice."

The Atlanta version is a spinoff of Hollywood Exes, which finished its third season in July. The shows offer the exes an opportunity to tell their stories, promote themselves as entrepreneurs and perhaps shed the conception of being "gold diggers."

On the show, Johnson maintains her interior design company, Shaw pens a children's book, Hart releases her Cherry Limeade-flavoured drink mixer, and Raymond attempts to bring more recognition to her son's foundation, Kile's World.

"The stereotype of a celebrity's significant other or ex is not true," said Monyetta Shaw, who has two children with Grammy-winning artist Ne-Yo, who broke the news of their breakup to his followers on Instagram last year.

"We're not gold diggers. We are more than that. We are business women, college educated, very smart, ambitious and role models, too."

Some of the cast member's former mates were fine with their being on the show, while others, such as Usher, were concerned about their exes revealing too much.

Johnson hopes the show can help other women who are dealing with the aftermath of a divorce or breakup following a long-term relationship.



Torrei Hart is among a group of five ex-wives and ex-girlfriends featured on a new reality series called Atlanta Exes. THE ASSOCIATED PRESS

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Beyoncé and Jay-Z. ALL PHOTOS: GETTY IMAGES

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy. According to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a) Would compensate me for my

services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."



Andrew Keegan

Andrew Keegan: From teen star to California cult leader?

Actor Andrew Keegan — remember 10 Things I Hate About You? — has a new gig as the leader of a spiritual movement called Full Circle that's totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, Calif. Apparently, Keegan started the religion after he was attacked by gang members in 2011. "The significance of this occurrence is that it happened at the same time the tsunami hit Japan," Keegan says. As for

whether this makes Keegan a cult leader? Vice's reporter writes, "(A church member that goes by) Third Eye explained that he was part of the 'inner circle,' composed of eight core members, all of whom are led by the founder Andrew Keegan. All the members are 'enlightened' and have come together to initiate change. While they are co-operative, Keegan is the official leader who has, as Third Eye put it, the 'ultimate say on all things.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



J-Law looks across the pond and finds Chris Martin

NED
EHRBAR
Metro World News in Hollywood

This was certainly ... unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and

Michelle Rodriguez thing — is that still a thing? — it's official: The gossip gods must be crazy. It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other.

J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Mayhew? You know, the guy who plays Chewbacca? I hear he's a very generous lover.



Demi Lovato

Demi dishes on why she's no longer a follower of BFF Gomez

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent Watch What Happens Live interview, Cohen grilled Lovato on the unfol-

low heard round the world, and though Lovato tried to avoid addressing the topic at all, she finally conceded, "I think it's just one of those things where people changed and people grow apart." You hear that, Gomez? You've changed. Ball's in your court.

Casey Kasem's widow to bury him in Norway

Casey Kasem will finally be laid to rest ... in Norway. The famous DJ's widow, Jean Kasem, is reportedly having his remains transported to Oslo for burial, even though he had no Norwegian heritage, according to the Hollywood Reporter. Reps for Casey's children claim it is all part of Jean's attempts to make it more difficult to confirm allegations that she abused her husband in the years leading up to his death. "We don't know what her plans are," a spokesman for daughter Kerri Kasem says. "We just know that she wants



Casey Kasem

to keep Casey away from family and friends, and by the looks of it, hide from law enforcement."

Twitter



@ladygaga

I have a slight obsession with Sharknado. What even.



@rickygervais

I'm thinking of doing another ice bucket challenge just so I can nominate some more people. Pain versus fun.

@IAmDonCheadle
Aaaaaaand scene...

Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping \$1,500 a year. Brew your coffee at home for the drive in and switch to tea



Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

later in the day. Tea is easier to make at work.

3. Get a better phone plan. If you're using your cellphone all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill in half.

4. Increase deductibles. Would you really make a

claim on your car insurance for under \$1,000? Combine your home and auto insurance and save up to 15 per cent. Raise your insurance deductible to \$1,000 and watch your premium drop.

5. Save money on your mortgage interest. It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage.

When you do, you make the equivalent of one extra payment every year, which could save you four year's worth of interest.

6. Grab the Canada Education Savings Grant. When you invest in a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put

\$2,500 in the plan, the feds will add \$500. That's an immediate 20-per-cent return.

7. Contribute to an RRSP and use your refund to pay down your mortgage. If you're in the 30-per-cent tax bracket and you make a \$3,000 contribution to an RRSP, the tax-man will refund you \$900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

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Too clean or not to clean. Antibacterial agents harmful to health

Recent studies indicate that an obsession with cleanliness could be doing more harm than good. Is it time to part with age-old conventions?

On the docket for this week's 248th National Meeting & Exposition of the American Chemical Society (ACS) was research by Arizona State University citing concerns over the prevalence of two antibacterial compounds and the potential hazards they could pose to pregnant women.

Thought to be used in more than 2,000 everyday cleaning products including conventional hand soap, the two compounds, called triclosan (TCS) and triclo-

carban (TCC), are difficult to avoid.

According to lead author Rolf Halden, PhD., a long-time opponent of TCS and TCC, the compounds contribute to the increasing problem of antibacterial resistance. Triclosan, for one, has been used in everything from toys to socks to yoga mats.

As news spreads about the potential health and environmental dangers of TCS and TCC, webpages are popping up highlighting products that are free of at least one of the compounds.

Two good resources for more information on the topic are soap.com and food-andwaterwatch.org. AFP

Timely tips for tots

Too much cleanliness can be dangerous for babies. A study from Johns Hopkins University concluded that exposing newborns to dirt and animal dander is actually good for their immune systems. "Many of our immune responses (are) shaped in the first year of life," explains study author, Dr. Robert Wood. "Certain bacteria and allergens play an important role in stimulating and training the immune system to behave a certain way."

AFP



Cleaning too much can do more harm than good, studies suggest. ISTOCK

3
TIPS

Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster



Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than \$25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. — *Lesley-Anne Scorgie*



To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked \$100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost \$1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing \$3,500 by December, which is a \$12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing \$50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment

Anne-Marie and Peter recap

- | | |
|---|---|
| • Location: Toronto | savings, and are committed to paying off debt |
| • Ages: 37 and 33 | |
| • Occupations: Broadcasting and sports editing | • Rent or own: Rent |
| • Total household income: \$110,000 | • Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment |
| • Life stage: First child arrived in May | • Current net worth: \$103,000 |
| • Financial savvy: Medium to high — they use budgets, have retirement | • Homework from last month: Set up their daughter's RESP and change their investment holdings |

holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant

raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:

In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

- Monthly rent has become a mortgage payment;
- Property taxes, home insurance and condominium fees have been added; and;
- They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately \$350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third towards savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay \$200 per month. The simple act of taking control of their debt repay-

Carolina and Jose recap

- | | |
|---|---|
| • Location: Calgary | budget, purchased a home, are very frugal, and have no retirement savings |
| • Ages: 33 and 32 | |
| • Occupations: Stay-at-home mom and roofing | • Rent or own: Own |
| • Total household income: \$62,000 | • Top goals for 2014: Pay off debt, buy a house, and visit family |
| • Life stage: Three daughters, aged five, three and one | • Current net worth: — \$5,600 |
| • Financial savvy: Medium — they have established a | • Homework from last month: Create a list of home improvements and a revised budget |

ment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is \$20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also

negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:

Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI
GANDHI

Metro World News

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book *The 20-Something Guide to Getting it Together*.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days.

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may be required. Traina advises talking to friends and



Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

acquaintances about their jobs and taking classes and workshops to discover the answer.

Remember, your first job

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are administrative.

Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

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This recipe serves four. ROSE REISMAN

Dress up your salmon with a pistachio-topped apricot and ginger glaze

Salmon with Apricot Ginger Glaze. You can bake or barbecue this healthy dish



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Salmon is always a great entrée any time of year.

It's recommended that

we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or barbecue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F.

You will also know when the fish flakes easily with a fork and is no longer opaque.

Salmon is always tastiest

when slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months. This way you always have them on hand.

Directions

1. Spread mustard over top of salmon fillets.

2. Combine all ingredients for glaze. Brush half over salmon and sprinkle with chopped pistachios.

3. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

4. Spread apricots over top of the fillets. Serve with remaining glaze.

Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots

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manitoba monday

Baba's Tall Grass Pantry

For more than 20 years **Tall Grass Prairie Bread Company** has made its mark with a passion and commitment to fresh, natural, local and organic ingredients. In that same spirit, they recently opened **Baba's Tall Grass Pantry**, a new perogy-focused kiosk in The Forks Market.

"Baba's Tall Grass Pantry offers a prairie perspective on **Ukrainian and Eastern European** foods - a fusion of regions and tastes," explains co-owner, Tabitha Langel.

"It's a wonderfully complimentary fit to what we already do - our connections to local organic farmers, simple ingredients and even the lands from where our people came."

What will you find on a Baba's Tall Grass Pantry plate? It's simple foods of the earth made from potatoes, onions, cabbage and buckwheat.

Try hot borscht, a vegetarian or meat meal of perogies and cabbage rolls, local farmers' sausage (nitrate free), wonderful salads and even dessert perogies made with local wild blueberries and a vanilla sauce.

The perogy choices include potato and cheese; cottage cheese with dill; as well as house made sauerkraut. There are two cabbage roll choices: vegetarian - buckwheat and lentils; meat - brown rice and local bison.

Perogies and cabbage rolls are available hot, pre-cooked or frozen at **Baba's Pantry in The Forks**. Tall Grass Bakery at 859 Westminister also carries them frozen or pre-cooked to take home and prepare for your table.



Taste. Smile. Repeat.

www.buymanitobafoods.ca

Bring this coupon to
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**Baba's
Tall Grass Pantry**



*Only frozen and pre-cooked at Tall Grass Prairie Bakery at 859 Westminister. Maximum discount \$10. One coupon per customer. Not valid with any other promotional offer. Coupon expires December 31, 2014.

The Forks Market &
859 Westminister
tallgrassbakery.ca

LPGA

Park keeps her title with win at Wegmans

Inbee Park successfully defended her title in the LPGA Championship, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three.

Park finished with a 2-under 70 to match Lincicome at 11-under 276. Lincicome had a 71.

The South Korean player won her fifth major title and fourth in the last two seasons.

THE ASSOCIATED PRESS

Inbee Park
GETTY IMAGES

Wyndham

Villegas returns after four years

Camilo Villegas finished his final round in the Wyndham Championship and didn't have to hit another shot to win his first PGA Tour title since 2010.

Villegas shot a 7-under 63 and finished at 17-under 263. He earned US\$954,000 and 500 FedEx Cup points in the final regular-season event.

When the rest of the field struggled late, Villegas wound up with his fourth PGA Tour title and first since the 2010 Honda Classic. THE ASSOCIATED PRESS

Tackled in the final, but heads held high

Best finish. At their first appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient Canadian team, England needed a stellar solo effort from its star centre to cement a 21-9 win over Canada in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

After England dominated in the first half, Canada closed to within two points on a Magali Harvey penalty halfway through the second. But Scarratt kicked a penalty of her own a minute later, then capped the scoring with a try six minutes from the end of regulation.

"We had a couple of opportunities to score tries that could have made a difference, but because we didn't then they were full of confidence and more physical and fresher than us," Canada coach Francois Ratier said.

"When you have two opportunities and you don't



Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris, France. JORDAN MANSFIELD/GETTY IMAGES

score, then it's almost impossible. It's not a question of passion or heart. It's just a question of in the final of any sport, if you don't score when you have the opportunities, then the other team will take them."

Scarratt received the ball from a lineout and ran past Mandy Marchak, fended off fullback Julianne Zussman and ran the ball in to give England some much-needed breathing room. She kicked a conversion to cap a spectacular tournament for the England centre.

"It's just a missed tackle,"

Ratier said. "We tried to tackle high but (Scarratt) has a really strong upper body. We should have gone lower but that's the way it is."

Harvey had all of Canada's points on three penalties and finished the tournament with 61 points, second only to Scarratt's 70.

It was Canada's first appearance in the World Cup final. Its previous best finish was fourth, which it did in three consecutive tournaments from 1998 to 2006. England, meanwhile, ended 16 years of heartache by finally winning it

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Sunday's final.



→ See the full instructions on Metro's Voices page.

after finishing as runner-up to New Zealand in the last three tournaments. THE CANADIAN PRESS

Gillaspie's slam clips Blue Jays' wings



Conor Gillaspie hits a grand slam Sunday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth time in seven deci-

On Sunday

7

White Sox

5

Blue Jays

sions.

Danks nailed a 2-2 pitch off the 23-year-old Blue Jays right-hander, who pitched seven innings and limited the White Sox to one run after the first.

"You know sometimes you get them up in the air, sometimes you miss them," Gillaspie said.

Chicago right-hander Scott Carroll (5-7) went 5 2/3 innings and allowed five runs on eight hits and three walks.

Toronto's Edwin Encarnacion hit his 27th homer this season. The Blue Jays have lost five of six and 11 of 15 to fall 7 1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild-card race.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus

April 21 - May 21

Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini

May 22 - June 21

Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer

June 22 - July 23

Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo

July 24 - Aug. 23

Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo

Aug. 24 - Sept. 23

Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra

Sept. 24 - Oct. 23

Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio

Oct. 24 - Nov. 22

Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

♐ Sagittarius

Nov. 23 - Dec. 21

Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn

Dec. 22 - Jan. 20

Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius

Jan. 21 - Feb. 19

Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces

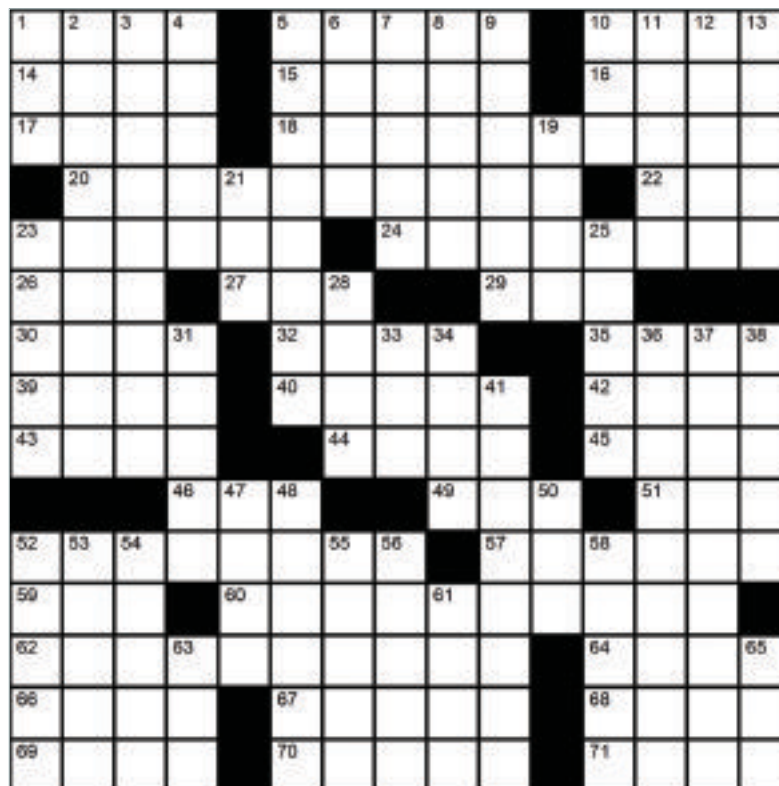
Feb. 20 - March 20

You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Embassy diplomats, briefly
5. Nice deed, ___ kindness
10. Feedbag fillings
14. Great Big Sea's "___-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. ___ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Laters' opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '___' in Elmira
49. YMCA, e.g.
51. Frying ___
52. Varnishes
57. Yankies legend Lou
59. Hankering
60. Toronto: CNE =



- Canadian National ___
62. ___ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?

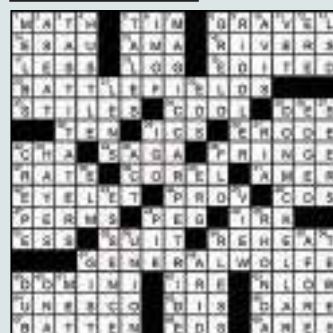
70. Cake-candle countees
71. Illusionist, archaically
- Down**
1. La Isla Bonita line: "Te dijo te ___"
2. ___ Prize for

- Fiction
3. Communication ___ by Chilliwack
4. Captain Benjamin ___, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles

6. ___ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation

- 'Fortississimo' is shortened ___ '___' ...said the music instructor
12. Crook
13. Six: German
19. "It should come ___ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic ___, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's "___ Comes Mary"
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et ___
56. Actor Henry
58. "___ Up Style (Oops!)" by Blu Cantrell
61. Max ___ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

6	8						5	9
	1			4			8	
		4	2	8	6			
			7	4				
4								7
		1	3	5	2			
	2			7			3	
5	9						7	6

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